

This site is for use **ONLY** by retirees and employees and/or spouses who are **not** on the City of Arlington medical plan in 2007, but wishing to complete the Health Risk Assessment in order to receive the city FSA or HSA health contribution for 2008.

If you are currently on the medical plan, but having difficulty reaching the health assessment from a city computer, please try from your home computer or from some location outside the city network. Remember that you have until 5 p.m. on **November 30, 2007**, to complete the assessment.

**Once you have completed the assessment, be sure to print the screen at the end which confirms that you completed the general health assessment. Please send a copy of the printout to Marie Elliott at MS 063-0790.**

Go to [www.liveandworkwell.com](http://www.liveandworkwell.com)

Use uhc as your access code in the Log in box.



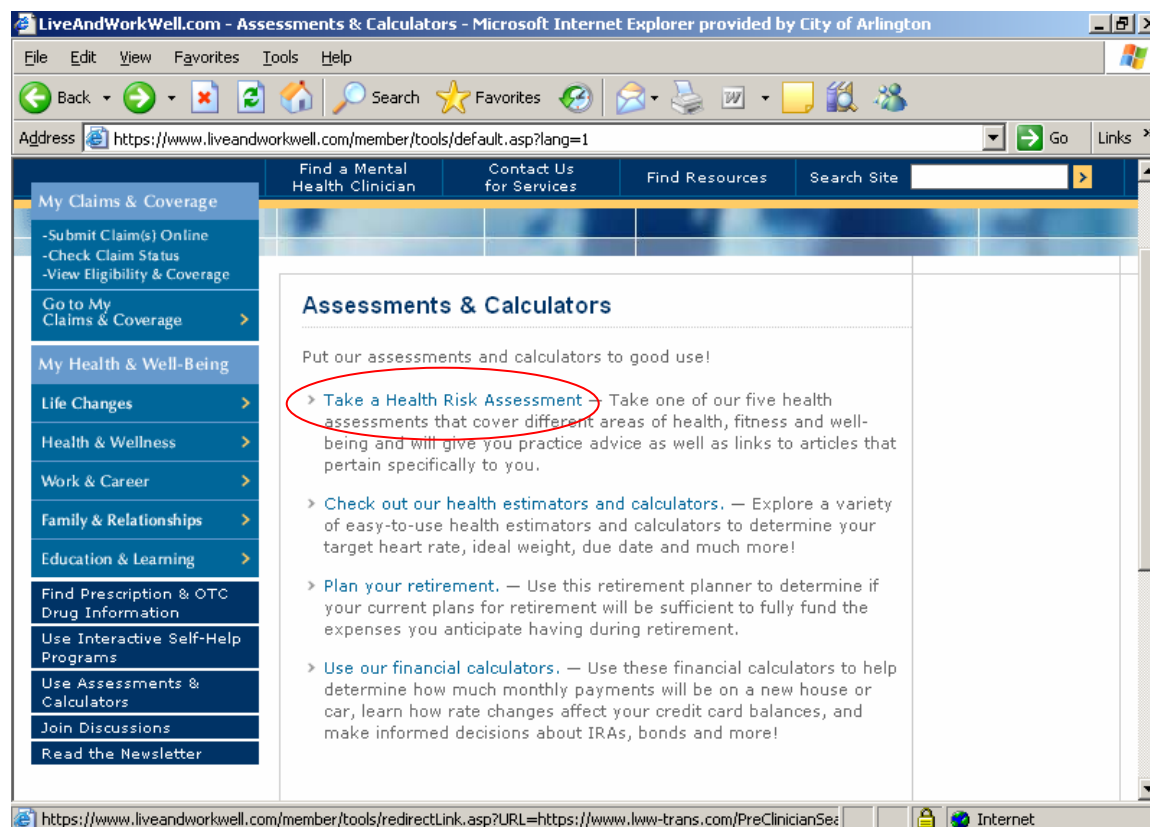


When this screen appears, click on Use Assessments and Calculators



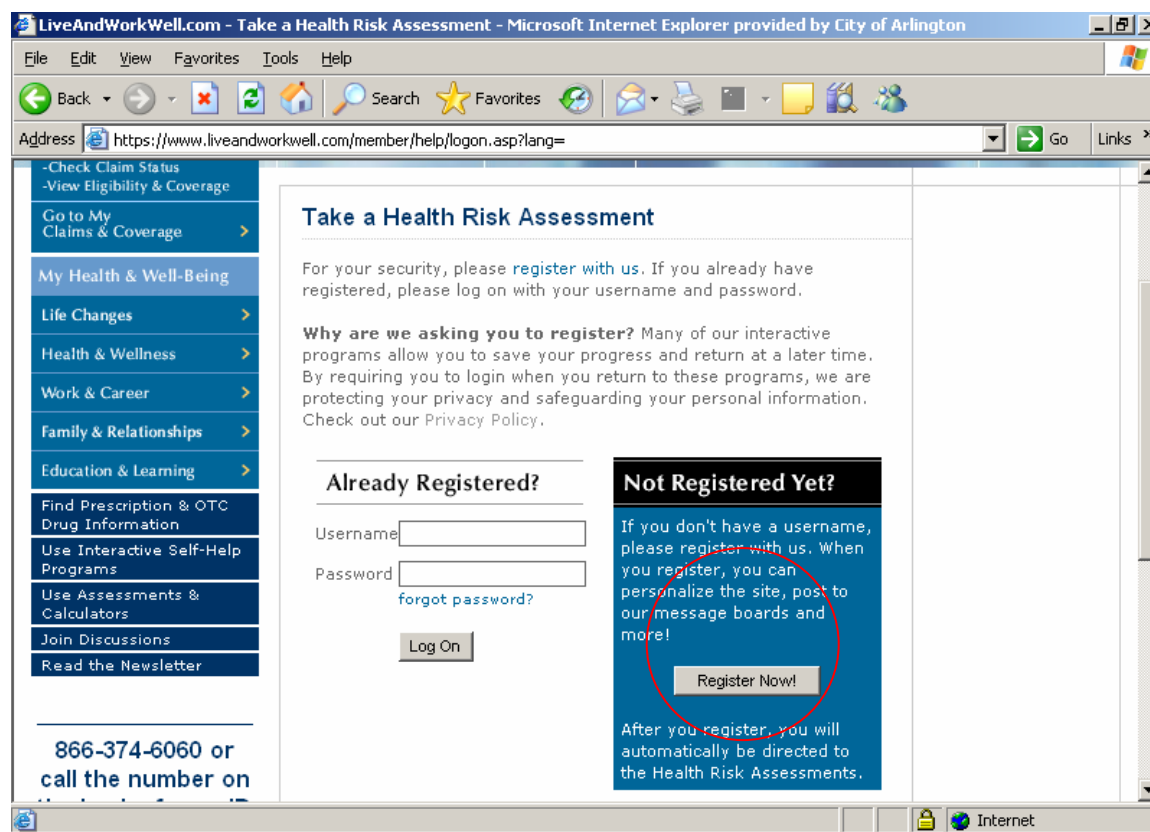


Then click on Take a Health Risk Assessment





At this point, you be invited to establish a Username and Password





After registering, you will be automatically directed to the Health Risk Assessment.

LiveAndWorkWell.com - Take a Health Risk Assessment - Microsoft Internet Explorer provided by City of Arlington

File Edit View Favorites Tools Help

Address <https://www.liveandworkwell.com/member/help/login.asp?lang=> Go Links >>

**Take a Health Risk Assessment**

For your security, please [register with us](#). If you already have registered, please log on with your username and password.

**Why are we asking you to register?** Many of our interactive programs allow you to save your progress and return at a later time. By requiring you to login when you return to these programs, we are protecting your privacy and safeguarding your personal information. Check out our [Privacy Policy](#).

**Already Registered?**

Username

Password

[forgot password?](#)

**Not Registered Yet?**

If you don't have a username, please register with us. When you register, you can personalize the site, post to our message boards and more!

After you register, you will automatically be directed to the Health Risk Assessments.

866-374-6060 or call the number on

Once you have completed the assessment, be sure to print the screen at the end which confirms that you completed the general health assessment. Please send a copy of the printout to Marie Elliott at MS 063-0790.